



# Health Fair Presentation Schedule 2023

## Tuesday, November 14, 2023



Registration/Information tables & Chair Massages – *Lobby*

Flu shots and Health Fair Exhibits – *Edmund Fitzgerald Hall - 8:00 am – 3:00pm*

Fitness Assessments – *Gooseberry 1 - 8:00am – 12:00pm*

**10:00a.m. Put Your Retirement Plan to Work – Gooseberry 3**

Lauren Farden, Financial Advisor Edward Jones

[RSVP HERE](#)

**11:00a.m. Dismantling Stress for Clarity in Decision Making – Gooseberry 3**

Debbie Merrick, [inharmony.life](http://inharmony.life)

[RSVP HERE](#)

**11:30a.m. 3 Pillars of Self-Healing – Gooseberry 3**

Dr. Cassandra Schamber, MD, [newhealingconnection.com](http://newhealingconnection.com)

[RSVP HERE](#)

**\*12:00p.m. YOGA – Gooseberry 2**

Marcia Rienhardt

**1:00p.m. Put Your Retirement Plan to Work – Gooseberry 3**

Lauren Farden, Financial Advisor Edward Jones

[RSVP HERE](#)

**2:00p.m. 3 Pillars of Self-Healing – Gooseberry 3**

Dr. Cassandra Schamber, MD, [newhealingconnection.com](http://newhealingconnection.com)

[RSVP HERE](#)

**\*\*THANK YOU TO ALL OF OUR PRESENTERS, COLLEGE OF ST. SCHOLASTICA & LSC  
STUDENTS AND FACULTY, VOLUNTEERS AND EXHIBITORS!\*\***